



Village Trumpet



Embrace the possibilities

33875 Kiely Drive • Chesterfield, Michigan 48047 • www.pvm.org

January 2021



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**Wishing you health
And happiness in the
Year to come.**

From The Village of East Harbor



The Village of
East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Friendly Reminder...

During snow season, please be sure to remove all mats from the ground (they get caught in the snow blowers).

Please put all garbage in black or colored bags (no white), so it is visible when picking up.

FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:



Happy New Year,

New Year, new beginnings. We certainly can all agree we could use a restart this year. I wonder what the new normal will look like? The vaccinations are being allocated by the government. Our Healthcare center will be first in line early January to get the vaccinations. We do not have a timeframe yet for Assisted Living and Memory Care. Independent Living is not currently on any list yet. We will inform you and keep you up to date as we get more information to share.

The new ranch homes are going up rapidly. We have started taking reservations. If you are interested in learning more, please call the front desk and ask for Sales and Leasing and they will be happy to give you up to date information. If you have any friends or relatives who might be interested, remember when they move in you can receive a referral bonus just make sure they mention your name when they inquire. The first people who have reservations down will become part of the Anchor Club. We will be holding a virtual red carpet event January 28th, more info to come. If you would like to be invited, give us a call.

Our prayers are that we will be able to open the campus this year and have events. The reality is, we will have to wait for new guidance from the Michigan Department of Health and Human Services. My belief is, much will depend on how fast the vaccination is allocated and how quickly the number of cases decline. If you have questions, feel free to call any time for updated information.

Wishing everyone Peace, Joy, and Good Health in the New Year!!

Happy 2021!!!!!!!!!!!!!!

Carolyn

To share timely information regarding COVID-19, we have set up a toll-free number for our residents, families and staff.

Call our Community Care Line at:

888-412-5999

You can get the latest report straight from David at The Village of East Harbor

MARKETING

Every year on December 31, we gather around the television to watch the ball drop signaling a transition into the New Year. Usually this transition means signing off the previous year and attempting to practice new resolution for as long as possible into the new year. This year New Year's Eve feels a bit more personal. 2020 was a year that will widely be remembered as a very trying year. We can use New Year's Eve as a time to reflect on the trials and tribulations we overcame this year, but also as a time to reflect on the positives. The resiliency that we have all shown. The camaraderie between neighbors and staff dealing with this virus. The empathy shown for those affected and what kind of character it constitutes if you made a simple phone call to check in on someone. As we close the final chapters for this dark stormy cloud that is 2020, there always is a silver lining for us to appreciate.

New Year's Eve not only signals the conclusion of a chapter, but also the beginning of a new one. The 2021 chapter hopefully will end the global pandemic along with other positive potential possibilities. Our community is on the verge of a new chapter with expansion into our new project. The addition of our new Wellness center, Harbor Inn Ranch home-style apartments, and Midrise building will bring in new faces, stories, and traditions not familiar to the past. We look forward to this expansion for our community and are so happy that you are here to experience it, and to enjoy it (YOU DESERVE IT!). Please feel free to reach out to Sales and Leasing in regards to the new construction. Hope the holidays went well for you and your families, may 2021 bring better fortune for ALL!



WELCOME HOME NEW RESIDENTS

We welcome these new residents to our
Village of East Harbor Family:

Gloria Maxwell—120

Kenneth Nowacki—616



*From The Desk Of
Chaplain Laura...*

JANUARY 2021



WHEW!!!! What a year!. As we close out 2020, we look forward to what the Lord has for us in 2021. Thank the Lord that He loves us and cares for us and is making all things new!

In **Revelation 21:5-7**, we find: "He who was seated on the throne said, "I am making everything new!" Then he said, "**Write this down**, for these words are trustworthy and true." ⁶ He said to me: "**It is done**. I am the Alpha and the Omega, the Beginning and the End. To the thirsty I will give water without cost from the spring of the water of life. ⁷ Those who are victorious will inherit all this, and I will be their God and they will be my children."

Jeremiah 29:11 tells us, "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Let your future be filled with hope and Love of the Lord this new year! He IS our hope!

January is Prayer Month. I have set up a Prayer Wall which has praying hands to write your prayers on. Please fill one out, clip it on the Chapel bulletin board for someone to take and commit to prayer for the month of January. If you'd like to stand in the gap for someone, please take a praying hand and commit to pray for them throughout January.

I am off until Sunday January 3. If anyone living outside would like to participate, please call me and we can coordinate your participation.

Check **Chaplains Corner** page for the Spiritual programs scheduled. If you need prayer or a visit, please do not hesitate to contact me. If you do not know the Lord, don't let another day go by; today is the day of salvation! I will come to pray with you and assure you of your salvation in Christ.

May the Lord bless you in this new year.

In His Service,
Chaplain Laura

Fitness Center News

GET FIT FOR THE NEW YEAR JANUARY CHALLENGE

The idea is to increase your time and number of sets each week.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Core 5-10 minutes	7 minutes Medium-high intensity Cardio
10 minutes Light cardio	Lower body 5-10 min	5 minutes Medium-high intensity Cardio	Upper body 5-10 min	7 minutes Light cardio	Core 10-15 minutes	15 minutes Medium-high intensity Cardio
12 minutes Light cardio	Lower body 7-10 min	10 minutes Medium-high intensity Cardio	Upper body 7-10 min	10 minutes Light cardio	Core 15-20 minutes	20 minutes Medium-high intensity Cardio
15 minutes Light cardio	Lower body 10-12	12 minutes Medium-high intensity Cardio	Upper body 10-12 min	12 minutes Light cardio	Core 20-25 minutes	25 minutes Medium-high intensity Cardio
20 minutes Light cardio	Lower body 12-15 min	15 minutes Medium-high intensity Cardio	Upper body 12-15 min	15 minutes Light cardio	Core 25-30 minutes	30 minutes Medium-high intensity Cardio

Feel free to modify the schedule as needed. Put a line through any days you are unable to exercise for some reason. Check off each day as you go along with    to indicate how you are feeling. Make time to stretch after each workout.

EXAMPLE EXERCISES

Cardio—Dance along to a video, march or jog in place, Stepping or jumping jacks, “kickboxing”, etc.

Lower Body—squats, lunges, dead lifts, glute bridges; standing front, side or rear leg raises

Upper Body—Bicep curls, tricep kick-backs, overhead presses, push ups on counter, bent over Ws

Core—Back: bent over rows, flies, Ys; bird dogs, Superman

Abs: lying down, alternating straight leg raises or bent knee situps; bicycles, plank on floor or counter

***For more information on any of the above, or for anything else fitness related, please contact: cgorde@pvm.org OR 586-716-7385**



Superman



Squat



Lunges

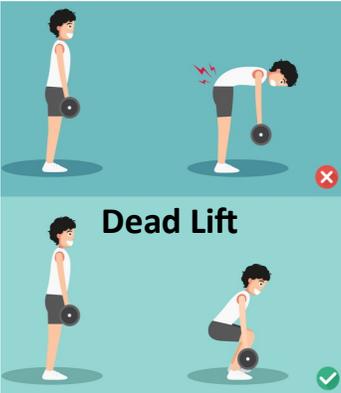


Standing leg raises

front

side

rear



Dead Lift

Glute Bridge



Bent over Y



Bent over W



Bent over Row



Bird Dog



Bent over Reverse Fly



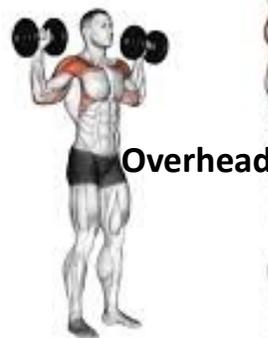
Bicep Curl



Bicycle crunch



Situp



Overhead



Push up on Counter



Plank



Tricep Kickback



Alternating Leg Lift

The MDHHS in cooperation with a national education technology company called *GetSetUp* is helping seniors stay in touch and connected to new opportunities using their computer, tablet, smartphone and even with their regular landline telephone.

All classes are taught by other older adults who are retired educators and professionals. This means they are taught by people who understand them the best-other older adults.

These classes include social hours with topics such as Staying Positive During the Pandemic, Playing Pictionary, Holiday Recipe Swaps, etc. They also teach you how to Zoom, Group Meditations, Reading and Recording Stories for Grandchildren. There are literally hundreds of choices. **Registration for the classes is free.** Registration is required.

The website is <https://www.getsetup.io/michigan> or people can call 1-888-559-1614 to register

If you ordered a google nest hub...



We will be delivering them to you throughout the month of January.

If you witness a staff person, manager, or leader doing a great job and exhibiting of one or more of the Service Excellence Core Values, you can fill out a “What I do Matters” form and give it to the person at any time or turn it into the front desk with the person’s name on it.

If you need more forms please contact Betsy.

Congratulations!



You are being recognized because
“What you did mattered!”:

Thank you for what you did!

Employee Name: _____

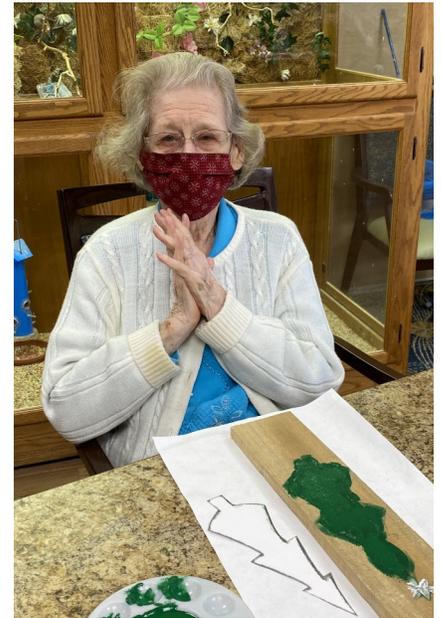
Person Recognizing Employee: _____

_____ Date: _____

**** Please turn this card into Village Administrator for a chance to win a prize ****

ACCOUNTABILITY LISTENING RELATIONSHIPS RESPECT

Christmas Tree Wood Wall Hanger



**Congratulations
Ann Marie
For winning
Leading Age of Michigan
Caring Spirit Award**

Caring Spirit

- Loading and unloading supplies
- Carries groceries for residents
- Eyes and ears of the campus
- Notifies supervisor of resident decline
- Ultimate team player
- Willing to help in any capacity



Ann Marie Hart
Transportation Driver
Village of East Harbor




Christmas Parade



Santa visits The Village of East Harbor





The Village Lottery is held every Tuesday & Thursday at 1:30pm.

Watch channel 3 if you live in the main building or listen for the robo-call at 1:30pm announcing the winning numbers. Keep your lottery numbers for the month.

Winners of the lottery numbers

Call Betsy—586-716-7143

GOOD LUCK!

Winners in December:

- **Arnold Wilson • Char Gitre**
- **Pat Helmrich • Audrey Bolten**
- **Wilma Barth**

CONGRATULATIONS!

Linda Aderman

First place winner of the Christmas door decorating contest



Directory

Accounting	
<i>Tracy Tesch</i>	716-7408
Activity Lead A/L & I/L	
<i>Betsy Mianecki</i>	716-7143
Administrator	
<i>Carolyn Martin</i>	716-7221
Admissions Coordinator TCU	
<i>Beth Humble</i>	716-7427
<i>Sue McCallum</i>	716-7395
Assisted Living Nurse	
<i>Denise Klimaszewski</i>	716-7115
Beauty Salon	
<i>Appointments</i>	716-7180
Care Sync Case Manager	
<i>Josie Villegas</i>	716-7092
Chaplain	
<i>Laura Stone</i>	716-7438
Dining Services Mgr.	
<i>Brian Williams</i>	716-7419
Director of Nursing	
<i>Jeff Robinson</i>	716-7416
Driver	
<i>Ann Marie Hart</i>	716-7142
Environmental Serv. Adm. Asst.	
<i>Shelby Jones</i>	716-7436
Executive Director	
<i>David Miller</i>	716-7410
Fitness Specialist	
<i>Chris Gorde</i>	716-7385
Front Desk	
<i>Receptionist</i>	725-6030
Haven Hall Nurse	
<i>Lynette Sanday</i>	716-7384
Housekeeping / Laundry Mgr.	
<i>Teri Lynn Taylor</i>	716-7418
Maintenance Work Request	
<i>Front Desk</i>	725-6030
Maintenance	
<i>Emergencies After 11:00pm</i>	248-996-2470
HCC Activity/Volunteer Mgr.	
<i>Sheri Stover</i>	716-7021
Physical Therapy Mgr.	
<i>Kim Frabotta, Agility Therapy</i>	716-7398
Resident Care Mgr.	
<i>Toni Greig</i>	716-7426
Sales & Leasing Specialist	
<i>Peggy Carroll</i>	716-7397
<i>Dylan Demo</i>	716-7183



1/02 Robert Healy

1/4 Elizabeth Rogerson

1/8 Sharon Creed

1/14 Lorena Stalls

1/14 Elaine Walton

1/22 Wilma Barth

1/22 Helga Hermann

1/29 Sherrie Knudson

**ALL TRIPS AND
APPOINTMENTS
ON HOLD
TILL FURTHER NOTICE**

SHOW AND TELL

MONDAY'S 2:30PM • CHANNEL 3

**WE WILL BE VIDEOTAPING YOU AS YOU TELL US
SOMETHING INTERESTING ABOUT YOURSELF
OR SOMETHING YOU OWN.**

**MEET US IN THE ACTIVITY ROOM OR WE CAN
COME TO YOUR ROOM.**

CALL BETSY: 586-716-7143 FOR MORE INFO

ARMCHAIR TRAVEL

FRIDAY'S

3:00PM

Channel 3



Be taken to a faraway place without leaving your chair.

**Armchair travel takes you on a sensory experience
learning about exotic lands and past events.**

HAPPY HOUR



FRIDAY'S

1:00pm

**Activities will be coming around with light refreshments
prior to the armchair travel presentation on channel 3.**

RESIDENTS TV

Community Channel 3 Schedule

Monday

9:30am-Rosary
10:00am-Spiritual
11:00am-Fitness
3:00pm-Show & Tell
6:00pm-Entertainment

Tuesday

9:30am-Rosary
10:00am-Spiritual
11:00am-Fitness
1:30pm-Tuesday Trivia & Lottery
6:00pm-Entertainment



Wednesday

9:30am-Rosary
10:00am-Spiritual
11:00am-Fitness
6:00pm-Entertainment



Thursday

9:30am-Rosary
10:00am-Spiritual
11:00am-Rosary & Divine Mercy
1:30pm-Word Genius & Lottery
6:00pm-Entertainment

Friday

9:30am-Rosary
10:00am-Spiritual
11:00am-Fitness
3:00pm-Armchair Travel
6:00pm-Entertainment

Saturday

9:30am-Rosary
11:00am-Fitness
6:00pm-Entertainment

Sunday

11:00am-Spiritual Service
1:30-Fitness
6:00pm-Entertainment



Tear this page off and post it near your TV